

Reflections

Friday, April 17, 2020

Good news and not so good news

The good news from Governor Northam this week was that Virginians have been doing social distancing well.

“According to the data [from cell phones], Google reported a 44% decrease in retail and recreation use among Virginians, an 18% drop in trips to grocery stores and a 39% decrease in travel to workplaces. Cuebiq showed a 50% reduction in individual travel compared with last year’s average.”

“Our social distancing efforts seem to be working. Under these current conditions, Virginia, as a whole, should have sufficient medical resources for at least the next couple of months.”

Good and the not so good: That has flattened the curve. “The models show that keeping the restrictions in place until June 10 could push the peaks into late July or August.”

The Atlantic ran an article that is more pessimistic. We have to play whack-a-mole with the virus until a vaccine can be produced in 18 to 24 months. Infection rates are still rising and we haven’t seen a down turn yet. Part of the problem is that we’re testing more and finding more people with the disease. How fast we reopen depends on data we don’t have yet.

The Washington Post looked into what going back to work might look like. They are looking at a phased in economy that will take a year or longer to look like normal. They make the case that uncertainty will drive the recovery. When will people feel safe to come out? No one knows that answer.

My comments: These three articles just reinforce the need to be flexible in our thinking and expectations. If we think the future will unfold a certain way, we are bound to be disappointed. From The Atlantic:

“During the Vietnam War, Vice Admiral James Stockdale spent seven years being tortured in a Hanoi prison. When asked about his experience, he noted that optimistic prison-mates eventually broke, as they passed one imagined deadline for release after another. Stockdale’s strategy, instead, was to meld hope with realism—“the need for absolute, unwavering faith that you can prevail,” as he put it, with “the discipline to begin by confronting the brutal facts, whatever they are.”

https://www.jimcollins.com/media_topics/TheStockdaleParadox.html

This builds resilience. It looks like we’re going to need it. Have firm faith that we’re going to make it through this time...begin my confronting the brutal facts, whatever they are.

Personal shopping note

Anne and I were running out of fresh food. Plenty in the freezer, but that's not enough to remain healthy. I lost the flip and was the designated shopper. We picked early this morning figuring it would be slow and Costco has senior hours (for which I qualify) from 8-10 a.m. Wegman's and Costco were my targets. Traffic was light. Both stores were lightly populated. Both had people at the front door with clickers counting how many were in the store at any one time. I felt safer because about 80% of the shoppers were wearing masks. Employees were everywhere wiping down everything. Not all of them wearing masks...weird. But, shopping during the time of COVID is slow. Be prepared to wait and encounter holes in their inventory...like almost no spices on the shelves. Wear a mask. Wash hands and bump elbows.

Free Meditation: Feeling Lighter

Think of when you were very young and in playing at school. People bump into you and you, them. Some bumps really hurt. We started to learn to forgive and let go.

As you grow older, some of the knocks that life brings may not have been forgiven and/or released well. Then, as you try to meditate during which the energy of consciousness gets higher, old emotional that thought patterns may become restrictive.

Fears, hurts, anxiety and other held energies are what is keeping you from your natural state of bliss, joy and compassion. In the spirit of "what you resist persists" and "the cause of all suffering is grasping," this meditation is an opportunity for release. When you do, you reclaim a significant part of your energy that was frozen. This meditation is a gentle and wonderful way to let go of the old or what isn't serving you now.

In this exercise you'll learn to create an "energy conversion box" and learn to release any energy patterns that you would like released, helping you feel lighter.

There will be both a short version (12:00) and an extended version (24:00). We'll sell the extended version on our website.

Nice work

Bob and Patty Ray did a wonderful job on this one.

Kudos to Jenny. "Your communications, from blogs to free meditations look professional, inviting and help tell the Monroe story in a compelling way."

Have a wonderful weekend.

Scott